

DIETETICS IN AL-QURAAAN

WITH THE NAME OF ALLAH, MOST GRACIOUS, MOST MERCIFUL.

Allah (S.W.T.) has forbidden certain foods because they are unfit for human consumption.

Listen to Sura Al-Baqara (ch. 2): verse 173:-

“He has only forbidden you dead meat, and blood, and the flesh of swine, and that on which any other name has been invoked besides that of Allah. ...”

On blood and the dead animal

At the time when this prohibition was made, humans had no idea of the dietetic importance of the law.

Much later, when laboratory research had isolated the components of blood, the wisdom of this prohibition became clear.

The analysis showed that blood contains, among other impurities, uric acid, the intake of which is injurious to human health.

This is the reason for the special slaughter prescribed in Islam.

The wielder of the knife, having taken the holy name of Allah (S.W.T.), makes an incision in the jugular vein, leaving the other veins intact. This causes death through loss of blood, rather than by injury to any vital organ.

Were the animal's brain, heart or any of the vital organs to be crippled, it would die almost immediately, and its blood would congeal in its veins and eventually permeate the flesh.

The flesh of the animal would thus be contaminated with uric acid and other impurities, making the animal unfit for human consumption.

It is for this reason that a dead animal should not be slaughtered for food. Remember, the blood of a dead animal will not flow when slaughtered. Its flesh becomes contaminated with uric acid and other impurities.

On pork

Uric acid, among other impurities, is present in all animals. The human body too, has its share which is extracted by the kidneys and excreted by means of urination.

Ninety percent of the uric acid and other impurities are extracted in this manner.

However, the pig's biochemistry is such that it excretes only two percent of its uric acid and other impurities.

The rest remains an integral part of its body.

It is this factor that causes the high rate of rheumatism found in pigs, and those who partake of its flesh are especially prone to this disease.

Other diseases attached to the eating of its flesh are:-

It flesh has more fat than muscle-building material.

It is much more liable to disease than other kind of meat; e.g.

Trichinosis, characterised by hair-like worms in the muscular tissue.

Why slaughter in our Rabb's Holy name?

Since Allah (S.W.T.) is the sole provider, it is only fair and proper that all thanks and gratitude be given to him.

It is also meant to strengthen one's faith and develop a deep-rooted love and consciousness of our maker.

All in all, our Rabb is concerned with our physical and spiritual development.

The Holy Quraan recognises the relationship between the physical and the spiritual conditions of humans.

Worksheet

- 1) Comment on the fact that before revelation, the dietary importance of the law pertaining to blood was not known by human beings.
